



# WAHAM AUR WASWASE KA ILAAJ

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
نحمدہ و نصلى على رسولہ الکریم - اما بعد.

Allah Taala ne waswase, waham, aur khayalat ke mutalliq jo zaroori ahkam diye hai, surah naas mein unka bayan hai,

### SUARH NAAS KA TARJAMA

Allah Taala Nabie karim ﷺ se farma rahe hai: "tum keh do, mein panah maangta hu, us zaat ki, jo tamam insano ka parvardi-gaar hai."

"jo tamam insano ka baadshah hai."

"jo tamam insano ka mabood hai,"

uski panah maangta hu, kis chiz se,

us makhlooq ke shar aur burai se, jo waswasa daalti hai, aur pichhe hat jaati hai yani shaitan, shaitan ke baare mein hadees mein Nabie karim ﷺ ne irshad farmaya:

ke ye barabar insan ke dil mein waswasa daalne ke pichhe laga rhta hai.

### WASWASE KI QISME

Waswase ki bahut si qisme hai, baaz martaba waswase se insan gunaho ke hote hai, ke fala gunah kar lo, jo najayaz hai, wo dekh lo, ya sun lo, ua jo baat najayaz hai, wo zaban se

keh do, is qisme ke waswase se gunaho mein muhtala karta rehta hai, aur baaz awqat imaan ke baare mein waswase peda hone lagte hai, ke pata nahi Allah Taala maujood hai ke nahi,

masalan ye waswasa ke humne jo baate Allah Taala ke baare mein suni hai, wo sahi hai ya nahi, is qism ki baate aur waswase dalte rehta hai,

shaitan ka to yehi kaam hai, aur wo usme laga huva hai, lekin hadees mein Nabie karim ﷺ nahi ne farmaya:

jab koi banda aise waswaso ke moko par Allah Taala ka zikar kar lete hai, to ye shaitan pichhe hat jata hai, is liye farmaya gaya

ke hai to waswase dalne wala: lekin bahut kamzor hai, zara insan iske aage dat jaae, aur Allah Taala ki panah maang le aur Allah Taala ka zikar kar le, to ye pichhe hat jata hai, phir aage uski sifat bayan farmai:

jo insano ke dilo mein waswase dalta hai, phir aakhir mein farmaya:

ye waswase dale wale jinnat mein se bhi hai, aur insano mein se bhi hai, baaz insan bilkul wahi kaam karte hai, jo shaitan ka kaam hai, to Ae allah! Mein in doni ke buraee se aap ki panah maangta hu.

## **DIL O DIMAG HAR WAQT SOCHTE HAI**

Insan ka dil o dimag har waqt kuch na kuch kaam karta rehta hai, kuch na kuch khayalat aate rehte hai, koi lamha aisa nahi, jab insan ke koi na koi khayal na aaraha ho, har lamha kuch na kuch khayal aata rehta hai, ye khayal achhe bhi hote hai aur bure hota hai, aur shaitan chahe insano mein se ho, ya jinnato mein se ho, aur insani shakal mein sabse bada shaitan, insan ka apna nafs hai, saare gunah shaitan ki waja se nahi hote, iblees ki waja se nahi hote, bahut se gunah insan ki apni khwahish ki waja se hote hai, to ye insan ke dil mein khayalat aur waswase aate hai . unka ilaaj kya hai. Aur inko kis tarah door kiya jaae aur un se bacha jaae.

## **DO QISM KE WASWASE**

Waswase jo insan ke dil mein aate hai do qism ke hote hai,

Ek waswasa wo hota hai, ke Allah bachae, imaan se mutalliq aane lagta hai, koi bhi insan aisa nahi, chahe kitna bada muttaqi, parhez-gaar ho kabhi na kabhi uske dil mein koi kharab qism ke waswase na aae ho, shaitan dil mein waswase daalta rehta hai, ke hum to imaan le aae hai, Allah par, aur uski

wahdaniyat par, Nabie karim ﷺ ki risalat par, marne ke baad ki zindagi par, aakhirat par, jannat par, jahannam par, ke ye baate sahi bhi hai ya nahi, is qism ke khayalat insan ke dil mein dalta rehta hai, ye waswase agar zyada pichhe pad jaae to phir insan ko tabahi ki taraf le jaata hai.

## YE WASWASA IMAN KI NISHANI HAI

Lekin hadees mein hai ke ek martaba ek sahabi ne Nabie karim ﷺ se arz kiya ke ya Rasoolallah!

mein to bahut sakht pareshan hu, aur pareshani ki waja ye hai ke mere dil mein baaz awqat aise waswase aate hai, aise khayalat aate ke mein isko apni zaban se nikalna, apne ko jal kar koyla hojane se bad-tar samajta hu, yani khayalat to aarahe hai, lekin wo itne bure hai, ke muje jal kar koyla hona pasand hai, ba nisbat iske ki mein usko apni zaban se ada karu,

Nabie karim ﷺ ne farmaya: "ye to ain imaan ki nishani hai". kyu ke shaitan waswase usi shakhs ke dil mein dalta hai jo momin ho, agar koi kafir hai to shaitan ko uske paas jaane ki kya zaroorat hai, wo to pehle se hi uska muti aur farmabardar hai, aur kufr mein mubtala hai, uske paas kyu jaaega, wo aata hi imaan

wale ke paas hai, taake us imaan wale ka imaan kharab kar sake, aur khub samaj lo! Ke jab tum keh rahe ho ke unko zaban se nikalna jal kar koyla hone se badtar maloom hota hai, to iska matlab ye hai ke imaan tumhare dil mein hai, to in waswaso ke aane se tumhe koi nuqsan nahi.

## CHOR MAAL WALE GHAR MEIN AATA HAI

Hamare Hazrat Haji Imdadullah Muhajir Makki رحمۃ اللہ علیہ ke sath ek qissa pesh aaya ke ek shakhs ne aakar arz kiya, Hazrat! Kya karu? Bahut sakht pareshani hai, dil mein kufr aur shirk ke aise aise waswase aur khayalat aate hai, ke mein unse sakht pareshan hu,

Hazrat ne farmaya isme pareshan hone ki koi baat nahi, ye to tumhare momin hone ki nishani hai,

dekho! Chor aur daaku usi ghar mein jaata hai, jaha maal hota hai, aur shaitan imaan ki dolat ka chor hai, aur shaitan bhi usi jaga jata hai, jaha imaan hota hai, kafir ke paas kyu jaaega, uske paas imaan ki dolat hi nahi, waha kya karega, ye to tumhare imaan ki alamat hai, ghabrao nahi, iska ilaaj yehi hai ke us se be parvahi barte, kyu ke Quran me

Allah Taala ne irshad farmaya hai:

ye shaitan hai ko sargoshi karta hai (whispering) taake imaan walo ko gum mein muhtala kare, is liye is qism ke khayalat aur waswase dil mein daalta hai, aur Quran ne saaf taur se farmaya hai:"

ye momino ko kuch nuqsan nahi pohcha sakta, magar Allah Taala ka hukam ho jaae to doosri baat hai, magar Allah Taala zaalim nahi hai, jo insan ko shaitan ke haatho magloob, aur qaid kar de, is liye ye koi nuqsan nahi pohcha sakta,

bahut se imaan walo bhi is qism ke khayalat, shaq, aur waswase aane lagte hai, is se wo ghabra jate hai, Quran ne saaf farmaya diya:

ke ye ghabrane ka moka nahi, agar ye sirf waswase ki had tak hai, to aane do, wo khud ba khud khatam ho jaaenge.

## IN WASWASO KA ILAJ

Haa! Albatta is suratme Surah Naas mein waswase ka ilaaj batlaya hai, ye surah padh kar Allah Taala ki panah maango, padh le to achha hai, warna apni zaban mein maang le, ke ya Allah ye shaitan muje bahut pareshan kar raha hai, apni rahmat se muje apni panah



mein le lijiye, insha allah bilkul mahfooz ho jaoge, iski parvah bhi mat karo,

Aur yehi mana “al khannas” “ke jab Allah Taala ka zikar karega banda, to shaitan pichhe hat jaaega, allah ke zikar mein ye panah lena bhi dakhil hai, jab panah maang loge to shaitan insha allah door ho jaaega.

## **WASWASE KI EK QISM “WAHAM”**

Ek aur waswasa hai, jo waham ki bimari hoti hai, masalan ye waswase aarahe hai, ke mein na-paak ho gaya, azaae vuzu ko 3 martaba dholiya to vuzu ho gaya; lekin shaitan ye waswase dalta hai ke tera to vuzu huva hi nahi, 3 martaba dhona kafi nahi, tera haath sookha reh gaya, kohni sookhi reh gai, aur is qism ke waswase dalne ka shaitan ka mansha aur niyyat ye hoti hai, ke jab uske dil mein ye baat beth jaaegi ke mera vuzu nahi huva, to ab wo baar baar vuzu hi karta rahega, ek ek namaz mein ek ek ghanta lag jaaega, to ek waqt aisa aaega ke wo ye sochega, ye to bahut mushkil hai, mere liye namaz padhna, is tarah wo namaz chhod dega, ye waswasa bhi shaitan daalta hai, aur bahut se log isme mubtala ho jate hai.



## IS WAHAM KA ILAJ

Iska ilaj buzurgo ne ye batlaya hai ke jis chiz ka waham peda ho raha hai, aadmi iski zabar-dasti khilaf warzi kare, masalan achhi tarah 3 martaba munasib ariqe se aaza dho liye, phir bhi khayal aa raha hai, ke fala aaza sookha reh gaya, to ab uski mukhalafat shuru kar do, ke ab dobara nahi dhounga, zabardast uski mukhalafat kar do, aahista aahista is tarah karne se wo shaitan maayoos hojaga, ye to mera kehna maanta hi nahi, lihaza iske paas jaane ki kya zaroorat, aur wo bhag jaaega, iska yehi ilaj hai.

## NAMAZ MEIN WAHAM KA WAQIA

Baaz martaba namaz ke andar ye hota he, pata nahi namaz sahi huvi ya nahi, ye itni kasrat se waswase dalta hai, ke log isme pareshan hote rehte hai, ek aise hi sahab the, Nabie karim ﷺ ke zamane, unko ye waham ho jata tha, ke namaz me mera vuzu toot jata hai, chunanche unhone ye kifiyat Aap ﷺ se aakar arz kar diya. Aap ne farmaya: ke tumhara vuzu nahi tootega, jab tak tum koi badbu mahsoos na karo, ya awaz na sun lo, halake vuzu tootne keliye ye zaroori nahi.

## BAAZ LOGO KI GALTİ

Baaz log is hadees ko dekh kar kehte hai ke hadees mein Nabie karim ﷺ ne farmaya hai, jab tak badbu ya awaz na aae, vuzu nahi toot ta hai, ek sahab mile wo kehne lage, hum molviyo ke pichhi nahi jaate, hum to direct quran aur hadees ko dekhte hai, quran va hadees ki kitabo ke tarjume dekhenge, aur jo matlab samaj mein aaega us par amal karenge.

## KHUD RAAI SE GUMRAHI PEDA HOTI HAI

To ye gumrahiya haqiqat mein khud raai se aati hai, ke aadmi ye sochta hai ke muje kisi se poochne ki zaroorat nahi, quran va hadees ke tarjame dekh kar matlab nikal lunga, to haqiqat ye hai ke Aap ﷺ ye baat, ek aise wahmi shakhs ke liye farmai thi, jisko baar baar waham hota tha vuzu tootne ka, aur jaisa ke farmaya tha ke aise waham aur waswase ka ilaaj yehi hai, ke uske khilaf zabardasti amal kare, iske bager ye bimarise najat nahi nikal sakti.

## WAHAM KA DOOSRA ILAJ

Aur doosri baat ye hai ke is "Suarh Naas" ko kasrat se padha kare, aur Allah Taala ki panah

maanga kare, ya allah! muje is waham aur waswase ki bimari se najat ata farma, Aur apni rahmat se mere is waham ko door farma dijiye, to insha allah phir isko koi nuqsan nahi hoga.

## **WAHAM SE ZINDAGI AJIRAN (HURTFUL)**

Allah bachae is waham ki bimari se, is se aadmi ki zindagi ajiran ho jati hai, kisi ko apni biwi ke baare mein ye waham peda ho jata hai, ke pata nahi ye mere saath wafadar hai ya nahi, aur iski waja se wo khud bhi musibat mein rehta aur biwi ko bhi musibat mein rakhta hai, kisi ko ye waham ho jata hai ke mere mooh se to talaq nikal jati hai, ab har waqt ye mahsoos karta hai ke mein talaq de raha hu, aur biwi mere upar haram hai, ye sari waham ki bimariya waswase ki waja se peda hoti hai, isi ki waja se aadmi is waham par bharosa kar leta hai, aur is bharose ke upar amal karna shuru kar deta hai, agar iski khilaf warzi karle to ye bimari aahista aahista door ho jaaegi.

Allah Taala har momin aur musalman ki hifazat farmae, aur Ye surah padhne se aur Allah Taala ki panah maangne se ummid hai insha allah is se najat milegi.

## KHULASA

Waswase ki do qisme bayan ki.

Ek to jo imaan va aqaid ke mutalliq ye shaitan waswase dalta hai, iska ilaj ye hai ke allah ki panah maange, aur iski parvaah hi na kare. Aise moko par mera zaati tajraba ye hai ke Nabie karim ﷺ ki masoor dua padh kare, masalan munajate maqbool wagera mein likhi huvi hai, aise halat mein kasrat se isko padhe, is se Allah Taala apni hifazat mein rakhte hai.

Doosri qism waswase ki jo waham ki shakal mein aati hai aur aadmi ko pareshan karti hai, uska ilaj ye hai ke allha ki panah maange aur is waswase ke khilaf amal kare,

Teesri qism wo hai allah bachae, jisme taqriban saare hi insan muhtala hote hai, wo hai gunah ka waswasa, ke ye gunah kar lo, ye gunah kar lo, is se bhi Allah Taala ki panah maangne ka hukam diya hai,

Allah Taala isse bhi panah naseeb farmaye Aameen.

وَآخِرُ دَعْوَانَا أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Reference: Islaahi Kutbat Urdu V23 mein se is Majmoon Ka Khulasa Kiya Gaya Hai.